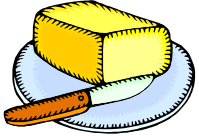


# NewsWIC

Fond du Lac County Health Department

Winter 2008

## Translating Those Trans Fats



If you find yourself wondering what the heck trans fat is, how it got into your food, why it's bad for you and your family and what you can do about it...read on.

Trans fats are created when a gas (hydrogen) is added to a liquid vegetable oil to make it more solid. Trans fats can be found in many foods, but especially in processed foods like French fries, deep-fried chicken and donuts or in baked goods like pie crusts, pastries, biscuits, pizza dough, cookies, crackers and stick margarines and shortenings.

Companies like to use trans fats because they are easy to use, inexpensive to produce and last a long time. They also give foods a desirable texture and taste. Restaurants often use trans fats to deep-fry foods because the oils can be used over and over in commercial fryers.

These fats are bad for you and your family's health because they raise your bad (LDL) cholesterol levels and lower the good (HDL) cholesterol levels. Eating trans fats increases your risk of developing heart disease and stroke by increasing the artery-clogging fats in your body. It is also associated with a higher risk of developing Type 2 Diabetes.

So what can you do? On January 1, 2006, U.S. law required the trans fat content of a product to be listed on the **Nutrition Facts** panel. You will find trans fat listed directly under the saturated fat. Products that contain less than .5 grams of trans fats per serving can be listed as zero on the label but may contain small amounts that can still be harmful to your health.

The American Heart Association recommends limiting the trans fats in your diet to less than 1% of your total daily calories. For a 2000 calorie a day diet, a person should eat no more than 2 grams of trans fats per day. Besides listing the grams of trans fats on the nutrition label, trans fats will be listed in the ingredients list on food packages as "partially hydrogenated oil", "shortening" or "hydrogenated vegetable oils". If the food label lists trans fats as "0g" but the ingredient list shows trans fats in the food's ingredients, it is best to avoid these foods. By reading food labels and choosing your purchases carefully, you can minimize trans fats in your diet. Also, when eating out, ask what kinds of oils are being used for cooking your food.

Luckily, because of the 2006 law and consumer awareness, many manufacturers and restaurants are choosing to limit or not use trans fats in their products.

Eating foods in their most natural state, like fruits, vegetables, meats, nuts, beans and not eating processed foods also helps to decrease the overall amount of trans fats your family will be eating.

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories</b> 250	Calories from Fat 110
% Daily Value*	
<b>Total Fat</b> 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
<b>Cholesterol</b> 30mg	10%
<b>Sodium</b> 470mg	20%
<b>Total Carbohydrate</b> 31g	10%

## **Breastfeeding Corner**

### **Nursing While Sick**



When mom is exposed to an illness such as cold or flu, her body quickly makes antibodies that will protect her baby. By the time mom feels ill, her baby has already been exposed to her illness. Continuing nursing will help her baby fight off the illness. If he does get sick, his illness will usually be a milder case. Also, nursing a baby while sick can help mom conserve energy because she doesn't have to get up and prepare bottles. Take the baby to bed with you and rest.

**Precautions:** If mom is feverish, drinking extra fluids is important to prevent dehydration. Good hygiene, like thorough hand washing, can decrease the baby's chances of catching her illness. Illnesses are usually not transmitted through breast milk. If you have further questions about nursing during an illness, call Rita or Jodi, lactation consultants at St. Agnes Hospital at 929-4837 or Kathy or Cheryl at the WIC Office, 929-3104.

## **Feeding Kids Right**

### **5 Important Feeding Roles as a Parent**

- Buy healthy foods from the Food Guide Pyramid; if you don't want your children to eat certain foods, don't buy them.
- Serve regular meals and snacks, structure helps your child to eat better.
- Make mealtimes pleasant; sit down together for meals, turn off the TV and enjoy good conversation.
- Teach good table manners; use "please and thank-you" often.
- Set a good example: parents who eat poorly can't expect their children to eat well. You are your child's biggest role model!



## **FDL County Immunization Clinics**



### **December**

8 (Mon) 2:00-5:00, City-County Bldg., FDL

### **January**

8 (Thurs.) 4:00-6:00 Waupun Hospital  
12 (Mon.) 2:00-5:00, City-County Bldg., FDL  
19 (Mon.) 4:00-6:00, Mt. Calvary Holy Cross Ch.  
26 (Mon.) 4:00-6:00, City-County Bldg., FDL  
28 (Wed.) 4:00-6:00, Ripon High School

### **February**

9 (Mon.) 2:00-5:00 City-County Bldg., FDL  
23 (Wed.) 4:00-6:00, City-County Bldg., FDL

### **March**

9 (Mon.) 2:00-5:00 City-County Bldg., FDL  
12 (Thurs) 4:00-6:00 Waupun Hospital  
16 (Mon.) 4:00-6:00, Mt. Calvary Holy Cross Ch.  
23 (Mon.) 4:00-6:00, City-County Bldg., FDL  
25 (Wed.) 4:00-6:00, Ripon High School

A shot clinic is held in Fond du Lac **by appointment only** on the **last Wednesday of each month from 8:00 to 11:30 AM**. To make an appointment or if you have any other immunization questions, please call **929-3085**.

